

BS IN GERONTOLOGY

Units required for Major: 48

Total units required for BS: 120

Program Description

The Gerontology Program provides an applied interdisciplinary approach to studying the human aging process and the challenges encountered by older adults and their families as they interact in contemporary society. The curriculum is anchored in life course and humanistic theory, and concentrates on the needs of both healthy and chronically ill elders and their families.

Minimum Grade Requirement

Students must receive a "C" or better in all major and multidisciplinary core/elective courses.

Program Requirements

Code	Title	Units
Required Major Core Courses (48 Units)		
GERO 11	Older Adult Services and Strategies	3
GERO 102/ PPA 100	Social Policy for an Aging Society	3
GERO 103	Applied Care Management in Gerontological Practice	3
GERO 121	Strategies for Optimal Aging	3
GERO 122	Interprofessional Approaches to Health Care in Older Adults	3
GERO 130	Gerontology Practicum	3
GERO 131	Gerontology Capstone Practicum	3
Research Elective (see advisor)		
Select one of the following:		3
ECON 140	Quantitative Economic Analysis	
ETHN 194	Research in Ethnic Studies	
GERO 123	Research on Aging & the Life Course	
NURS 170	Foundations for Evidence-Based Nursing Practice ¹	
RPTA 110	Research and Evaluation in Recreation, Parks and Tourism ¹	
SOC 102	Research Methods in Sociology ¹	
SWRK 111	Research Methods and Program Evaluation ¹	
Interdisciplinary Core		
ETHN 133	Crosscultural Aging in America 🌐	3
FACS 141	Family Finance	3
PSYC 151	Psychological Aspects of Death and Dying	3
RPTA 117	Recreation Therapy and Contemporary Aspects of Disability ²	3
Students will select one of the following:		3
SWRK 151	Health Services and Systems ()	
GERO 125	Moving Toward Equity in California Aging Policy and Practice	
Electives		
Select 9 units of the following:		9
GERO 10	Aging Issues in Contemporary Society	

PUBH 116	Public Health Policy, Management & Administration
PUBH 134	Understanding Human Sexuality
HROB 101	The Management of Contemporary Organizations
KINS 136	Sport And Aging
FSHD 150	Family Stress and Coping: Multicultural Focus 🌐🌐
FSHD 159	Adulthood and Aging in Human Development
NUFD 113	Nutrition And Metabolism
NUFD 119	Nutrition: Adolescence Through Older Adulthood
PUBH 150	Aging and Health
PSYC 150	Psychological Aspects of Aging
PSYC 152	Psychological Aspects of Health, Wellness, and Illness
SOC 146	Sociology of Aging
GERO 199	Special Problems

Total Units **48**

¹ Gerontology students will be allowed to enroll without prerequisites but need senior status.

² Gerontology students will be permitted to enroll without prerequisites

³ Course also satisfies General Education (GE)/General Education Requirement.

Notes:

- **Additional optional courses** which are recommended to support the Gerontology major are the following:

Code	Title	Units
GERO 21	First Year Seminar: Becoming an Educated Person	3
BIO 20	Biology: A Human Perspective	3
CHAD 30	Human Development	3
FSHD 50	The Family and Social Issues 🌐	3
NURS 10	Health Care: Issues and Delivery Systems	3
PSYC 2	Introductory Psychology	3
PSYC 8	Methods of Psychology	3
RPTA 106	Introduction to Inclusive Recreation and Recreation Therapy	3
SOC 1	Principles of Sociology	3
SOC 101	Introduction to Statistics for Sociologists	4
STAT 1	Introduction to Statistics	3
SWRK 110	Statistics and Research for Social Workers	3

- **Major Core courses** have the potential of offering a one unit Service Learning (SL) option for each of the three theory courses (GERO 102, GERO 121 and GERO 122 that do not already include SL. These units could be combined and serve as one elective (GERO 199) if there is an approved written plan by the student and academic advisor prior to enrolling in the course.

General Education Requirements¹

Code	Title	Units
Area A: Basic Subjects (9 Units)		
A1	Oral Communication	3
A2	Written Communication	3

A3 - Critical Thinking	3
Area B: Physical Universe and Its Life Forms (13 Units)	
B1 - Physical Science	3
B2 - Life Forms	3
B3 - Lab (Note: Lab experience to be taken with one of the following: B1, B2 or B5)	1
B4 - Math Concepts	3
B5 - Additional Course (Any B to reach 12 units) - Take upper-division course to complete Area & upper division requirements.	3
Area C: Arts and Humanities (12 Units)	
C1 - Arts	3
C2 - Humanities	3
C1/C2 - Area C Course	3
C1/C2 - Area C Course - Take upper-division course to complete Area & upper division requirements.	3
Area D: The Individual and Society (6 Units)	
Area D Course	3
Area D Course	3
Area D Course - Take upper-division course to complete Area & upper division requirements.	0
Area E: Understanding Personal Development (3 Units)	
Area E Course	3
Area F: Ethnic Studies	
Area F Course	
Total Units	43

¹ To help you complete your degree in a timely manner and not take more units than absolutely necessary, there are ways to use single courses to meet more than one requirement (overlap). For further information, please visit the General Education page (<https://catalog.csus.edu/colleges/academic-affairs/general-education/>).

Note: There is no way to list all possible overlaps so please consult with a professional advisor. The Academic Advising Center can be visited online (<http://www.csus.edu/acad/>), by phone (916) 278-1000, or email (advising@csus.edu).

Graduation Requirements ¹

Code	Title	Units
Graduation Requirements (required by CSU) (9 Units)		
American Institutions: U.S. History		3
American Institutions: U.S. Constitution & CA Government		3
Writing Intensive (WI)		3
Graduation Requirements (required by Sacramento State) (9 Units)		
English Composition II		3
Race and Ethnicity in American Society (RE) ²		0
Foreign Language Proficiency Requirement ³		6

¹ To help you complete your degree in a timely manner and not take more units than absolutely necessary, there are ways to use single courses to meet more than one requirement (overlap). For further information, please visit the General Education page (<https://catalog.csus.edu/colleges/academic-affairs/general-education/>).

Note: There is no way to list all possible overlaps so please consult with a professional advisor. The Academic Advising Center can be visited online (<http://www.csus.edu/acad/>), by phone (916) 278-1000, or email (advising@csus.edu).

² Required in Major; also satisfies Graduation Requirement.

³ If not satisfied before entering Sacramento State, it may be satisfied in General Education Area C2 (Humanities). "C- or better required." The alternative methods for satisfying the Foreign Language Proficiency Requirement are described here: <https://www.csus.edu/college/arts-letters/world-languages-literatures/foreign-language-requirement.html> (<https://www.csus.edu/college/arts-letters/world-languages-literatures/foreign-language-requirement.html>)

The following roadmaps are sample planning resources. Please consult your academic advisor and Academic Catalog for graduation requirements as you develop your individualized academic plan.

Gerontology, BS: 4-Year Roadmap

Course	Title	Units
Year 1		
First Semester		
GE Area 1A - English Composition ²		3
GE Area 3B - Humanities ²		3
GE Area 5B - Biological Science ²		3
GE Area 6 - Ethnic Studies ²		3
Elective of Choice		3
Units		15
Second Semester		
GERO 11	Older Adult Services and Strategies	3
GE Area 1C - Oral Communication ²		3
GE Area 2 - Mathematical Concepts & Quantitative Reasoning (STAT 1 recommended) ²		3
GR American Institutions (US History) ²		3
Elective of Choice		3
Units		15
Year 2		
First Semester		
ENGL 20	College Composition II	3
GE Area 1B - Critical Thinking ²		3
GE Area 5A - Physical Science ²		3
GE Area 5C - Laboratory ²		1
GR American Institutions (GOVT) ²		3
Elective of Choice		3
Units		16
Second Semester		
GERO 121	Strategies for Optimal Aging	3
GERO Elective ³		3
GE Area 3A - Arts ²		3
GE Area 4 - Social & Behavioral Sciences ²		3
Elective of Choice		3
Units		15
Year 3		
First Semester		
GERO 102	Social Policy for an Aging Society	3
GERO 103	Applied Care Management in Gerontological Practice	3
GERO Elective ³		3
Upper Division GE Area 5 or 2 - Science or Mathematical Concepts/Quantitative Reasoning ²		3
Elective of Choice		3
Units		15
Second Semester		
ETHN 133	Crosscultural Aging in America	3

FACS 141	Family Finance	3
GERO 122	Interprofessional Approaches to Health Care in Older Adults	3
GERO Elective ³		3
Foreign Language Semester 1 ²		4
Units		16
Year 4		
First Semester		
GERO 130	Gerontology Practicum	3
PSYC 151	Psychological Aspects of Death and Dying	3
GERO Research Elective ³		3
Upper Division GE Area 3 - Arts or Humanities + Writing Intensive ²		3
Foreign Language Semester 2 ²		4
Units		16
Second Semester		
GERO 131	Gerontology Capstone Practicum	3
RPTA 117	Recreation Therapy and Contemporary Aspects of Disability	3
SWRK 151 or GERO 125	Health Services and Systems ³ or Moving Toward Equity in California Aging Policy and Practice	3
Upper Division GE Area 4 - Social & Behavioral Sciences ²		3
Elective of Choice		3
Units		15
Total Units		123

Gerontology, BS: 2-Year Roadmap

Course	Title	Units
Year 1		
First Semester		
ETHN 133	Crosscultural Aging in America	3
GERO 102	Social Policy for an Aging Society	3
GERO 121	Strategies for Optimal Aging	3
GERO Research Elective ³		3
Foreign Language Semester 1 ²		4
Units		16
Second Semester		
FACS 141	Family Finance	3
GERO 103	Applied Care Management in Gerontological Practice	3
GERO 122	Interprofessional Approaches to Health Care in Older Adults	3
GERO Elective ³		3
Upper Division GE Area 5 or 2 - Science or Mathematical Concepts/Quantitative Reasoning ²		3
Foreign Language Semester 2 ²		4
Units		19
Year 2		
First Semester		
GERO 130	Gerontology Practicum	3
SWRK 151 or GERO 125	Health Services and Systems ³ or Moving Toward Equity in California Aging Policy and Practice	3
GERO Elective ³		3
Upper Division GE Area 3 - Arts or Humanities + Writing Intensive ²		3

Upper Division GE Area 4 - Social & Behavioral Sciences + American Institutions (GOVT) ²		3
Units		15
Second Semester		
GERO 131	Gerontology Capstone Practicum	3
PSYC 151	Psychological Aspects of Death and Dying	3
RPTA 117	Recreation Therapy and Contemporary Aspects of Disability	3
GERO Elective ³		3
GR American Institutions (US History) ²		3
Units		15
Total Units		65

- Any course not completed in the first semester should be taken in the second or a later semester.
- Please see General Education/Graduation Requirement **course options** (https://www.csus.edu/academic-affairs/curriculum-%20workflow/_internal/_documents/program-road-maps/als_2yr/art_transfer-%20roadmap-2024-25.pdf).
- Please see an academic advisor for elective options.